



Compare/contrast lesson for use with CATKWONDO

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Instructions for use: This activity was designed with the help of educators to be compatible with a variety of learning standards and for an easy “grab-and-go”

lesson that works well in the physical OR virtual classroom with few extra materials required. This can also easily be used as a substitute lesson, library activity, or before or after school program.

This SEL (Social Emotional Learning) lesson focuses on reading comprehension and develops positive self-identity, self-management skills, social awareness, and relationship skills.

This activity was designed for use with grades K-1 for whole group or grades 2-4 as an individual activity. There are two versions: one with the Kitten’s side filled in and one with both sides ready to be filled in, depending on which will work best for the age level of your students.

Ways to further expand the learning:

- Ask students to draw, write about, or discuss a time they tried a new activity. Was it challenging? Did they enjoy it?
- As a class or in small groups, discuss strategies for how to handle the challenges that come with trying new things.
- Help students discuss how or make a list of ways they can help others who might be struggling when trying something new.

Compare/contrast lesson

In **CATKWONDO**, Kitten needed a lot of things to become an orange belt: equipment, time, practice, and support. Compare and contrast something that you are practicing to the things Kitten needed.

	Kitten – Taekwondo	Me –
Equipment needed	Dhee/belt Uniform Sparring Helmet Sparring Pads Boards	
Time/Practice needed	About six weeks to several months Every day on own Classes mutiple a week	
Support needed	Family to encourage and pay for lessons Classmates to help train Teacher to teach skills	

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